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MEPS

a step in the right direction

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INTRODUCTION

We would like to take a few minutes to tell you about our Military Entrance Processing Station (MEPS, for short). First, we want to thank you for your interest in military service.

MEPS are located in many of our larger cities and in almost every state. Millions of Americans have been given military physicals and tests and have joined the Armed Forces at MEPS. The people there - members of the military services and civilian employees - work with us in helping young men and women who are interested in being a part of our United States defense team.

MEALS AND LODGING

Your meals and overnight sleeping accommodations, if needed, will be arranged for you. The recruiting services pay for these services. Those staying in a hotel (or motel) would only need to pay for services which are not paid by the recruiting services, such as use of the telephone. Of course, all guests are expected to have respect for other guests and be careful when using hotel property.

PHYSICAL

Physical examinations are important because everyone going into the Armed Forces must be healthy and in good physical condition. Removal of outer clothing is necessary in order to do some parts of the examination. The physical examination consists of —

Height and weight checks (done in underclothing).

Hearing and vision examinations.

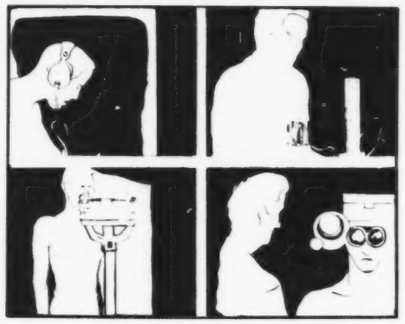
Laboratory (blood and urine) tests.

Drug and alcohol tests.

Blood pressure and pulse rate checks.

Group exercises (done in underclothing).

A doctor's examination and interview.



For Women:

A drape or gown is provided for you to wear during the physical examination. Your visit with the doctor will be in a private room. A female attendant will accompany you when removal of clothing is necessary. Underclothing (bra and panties) are required during parts of the physical. The doctor's pelvic examination is, of course, an important part of your physical. If your examination day falls within a menstrual period, and you object to a pelvic examination during menses, just call me, your Recruiter, and another appointment will be made for you.

MEDICAL HISTORY

Doctors will go over each person's past medical history thoroughly because it is an important part of the physical examination. Before the examination begins, you will be given a form that has many medical questions on it. Medical technicians will give instructions on how to fill it out. Answer all questions accurately to the best of your knowledge. We suggest you find out about any childhood medical problems you may have had - talk about them with your parents.

If you wear eye glasses, bring the prescription for your lenses with you. If you wear contact lenses, the MEPS will need your latest eye glasses and their prescription, (if you have them) for vision testing.

TESTING

Our military qualifying test is called the Armed Services Vocational Aptitude Battery (ASVAB, for short). It is taken before going to the MEPS for a physical. If you have previously taken the ASVAB for enlistment purposes or while in school, let us know. You may not need to take it over again. The ASVAB is a multiple choice test - you pick the right answer. The test has been used and refined over a period of years. The test administrator has everything you will need for testing and will also explain how to take the test. A few practice questions

will be given before it begins. Testing time is about 3 hours. Good scores could qualify you for technical training schools or programs - so do the best you can. If you wish to take the ASVAB more than once contact your recruiter. We suggest you get a good night's sleep before taking the test.

ENLISTMENT

Your physical examination and ASVAB test results are needed to advise you on the programs for which you may enlist. When enlisting, make sure you understand what you are enlisting for - it's important to you and your service. Our service recruiting people are ready and able to explain these programs and to answer any questions. A final interview, fingerprinting (for an FBI check) and paperwork is done before the Oath of Enlistment is taken. Members of your family are welcome to see you take the Oath of Enlistment. A waiting room is available for them. Maybe you would like to have them bring a camera and take a picture of you with the military officer who gives the oath.

Persons not enlisting at this time and those enlisting in a program for entry on active duty at a later date will, of course, return home after their processing is finished. Those who have enlisted on active duty go to their military training schools. The travel and meal costs are paid for by the military services.

REMINDERS

Bring your Social Security Card, drivers license and other ID cards you may have.

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Discuss any childhood medical problems with your parents so you are familiar with them.

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If you have eye glasses, bring them and the prescription for your lenses with you - even if you wear contacts.

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Take a shower or bath the night before.

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Wear underclothes (required for physical).

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Be well rested before taking the ASVAB.

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When enlisting for active duty, don't bring a lot of personal items. Be sure you have a list of the items you can bring.

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Report to the MEPS on time.

CONCLUSION

We hope this information has been helpful to you. The MEPS people are looking forward to meeting you. Please feel free to ask questions during your stay with them.

Previous editions are obsolete.

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